

The Sisterhood Guide



to eating well

cover art by :
cassidy c.

WEEKLY MEAL PLAN EXAMPLE WITH GROCERY LIST

	Breakfast	Lunch	Dinner
Mon.	3 egg bites	chicken salad	chili
Tues.	3 egg bites	leftover chili	elote pork bowl
Wed.	oatmeal w/fruit	leftover chicken salad	leftover chili
Thurs.	eggs w/turkey bacon	leftover elote pork bowl	sausage potato bake
Fri.	oatmeal w/fruit	grilled cheese w/ soup	tater tot casserole
Sat.	breakfast bowl	greens salad of choice	leftover sausage potato bake
Sun.	buttermilk pancakes	greens salad of choice	leftover tater tot casserole

Grocery List

produce: \$18.40

- avocado
- bell pepper
- celery
- cilantro
- grapes
- jalapeños
- lemons
- limes
- mixed greens
- potatoes
- red onions
- strawberries
- yellow onion

meat: \$9

- ground beef
- ground pork
- sausage

canned goods: \$11.15

- refried beans
- salsa
- beef broth
- diced tomatoes
- red kidney beans
- tomato sauce
- tomato soup
- canned chicken
- canned corn
- cream of celery soup
- green beans

other: \$4

- whole wheat bread
- taco seasoning
- Worcestershire sauce

frozen: \$7.50

- tater tots
- frozen mixed veggies
- hashbrowns
- turkey bacon

dairy: \$9.50

- eggs
- American cheese
- shredded cheese
- skim milk
- buttermilk
- sour cream

from your

"pantry basics":

- seasonings: salt, garlic powder, cayenne pepper, chili powder, Slap Ya Mama® seasoning, pepper
- rice
- oats
- flour, sugar, baking powder
- olive & vegetable oil
- vanilla
- favorite salad dressing
- butter
- garlic
- mayo

PANTRY BASICS

Cooking Basics:

salt (\$0.50)
black pepper (\$2)
oils: olive oil, vegetable oil, non-stick spray (\$3.50)
garlic & garlic powder (\$0.50)
onion powder (\$2.50)
chili powder (\$3)
oregano (\$1)
allspice (\$3)
all-purpose flour (\$2)
baking powder/baking soda (\$1.50)
sugar (\$2)
vanilla extract (\$4)



Canned/Jar Items:

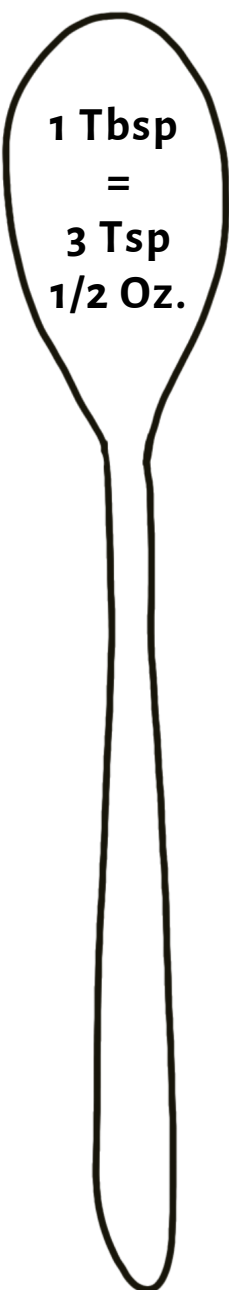
diced/crushed tomatoes (\$2)
beans - so many options! (\$1-3)
peanut butter (\$1.50)
chicken/beef broth (\$1.50)
rice (\$1.50)
pasta (\$1)
pasta sauce (\$1.50)
oats/oatmeal (\$3-5)
canned veggies (\$0.75-\$2)
tuna (\$0.79)
nuts: peanuts, cashews, almonds (\$2-5)

Fridge Items:

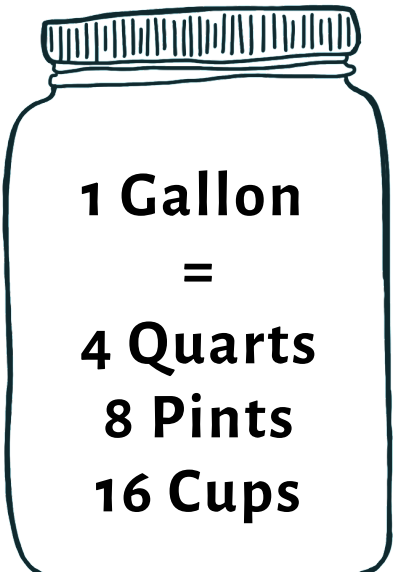
mayonnaise (\$2.50)
ketchup/mustard (\$0.80 - 1.50)
jelly (\$2)
butter (\$2.50)
ranch or salad dressing of choice (\$1.50-3)
bbq sauce (\$2.50)
eggs (\$1.50)
sliced bread (\$2)



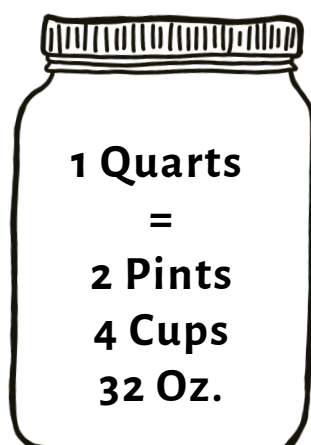
COMMON MEASUREMENTS



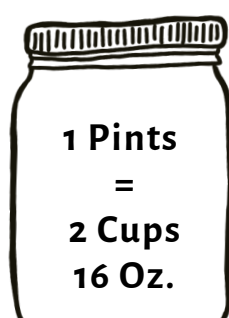
1 Tbsp
=
3 Tsp
1/2 Oz.



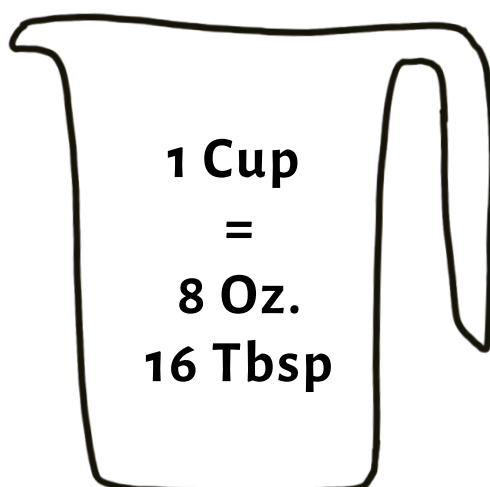
1 Gallon
=
4 Quarts
8 Pints
16 Cups



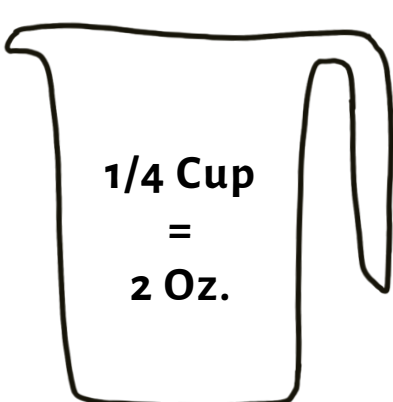
1 Quarts
=
2 Pints
4 Cups
32 Oz.



1 Pints
=
2 Cups
16 Oz.



1 Cup
=
8 Oz.
16 Tbsp

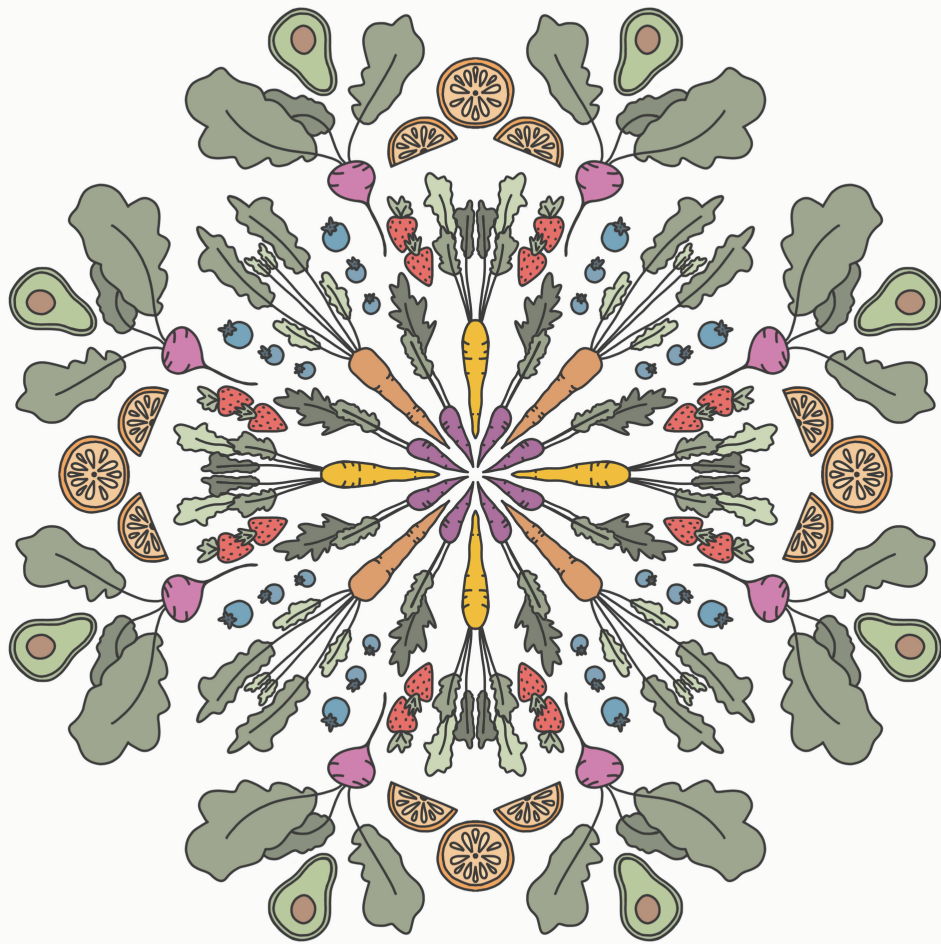


1/4 Cup
=
2 Oz.

Tbsp = Tablespoon

Tsp = Teaspoon

B R E A K F A S T



Apple Cinnamon Overnight Oats \$10

ingredients

- ½ cup old fashioned oats
- ½ tsp ground cinnamon
- pinch of ground ginger
- pinch of kosher salt
- ½ apple
- ½ cup vanilla almond milk (or milk of choice)
- 1 ½ tsp maple syrup (or sweetener of choice)
- ½ cup non-fat plain greek yogurt

directions

1. Add the ingredients to a 16-ounce mason jar (or any individual storage container) in the following order, do not shake or stir:
 - oats
 - cinnamon
 - ginger
 - salt
 - diced apples
 - almond milk
 - maple syrup
2. Seal jar and refrigerate overnight (up to 5 days)
3. When ready to eat, shake/stir to combine

"On the Go" Egg Bites \$8

ingredients

- 5 eggs
 - salt - to taste
 - pepper - to taste
- toppings:
- spinach - chopped
 - tomato - diced
 - onion - diced fine
 - 1 bell pepper - diced fine
 - broccoli - cut into small florets
 - cheese of choice

directions

1. Preheat the oven to 350°F
2. In a measuring cup (or bowl) use a fork to beat the eggs until smooth, and set aside
3. In a greased muffin tin, place your choice of fillings into each muffin cup
4. Season each cup with salt and pepper
5. Pour the beaten eggs into each muffin cup until the liquid almost reaches the top
6. Bake for 20 minutes, until set
7. Enjoy!

Breakfast Bowl

\$ 7

ingredients

- 2 eggs
 - 1 can of refried beans
 - choice of protein (ground sausage, ground turkey sausage, bacon, or turkey bacon)
 - 1 cup of hash brown potatoes
- toppings:
- avocado - sliced
 - jalapeños - to taste
 - cheese - to taste
 - spoonful of salsa
 - red onion - diced
 - sautéed spinach - to taste

directions

1. Scramble the eggs, and set aside
2. Warm refried beans on the stove or in the microwave
3. Heat hash brown potatoes on the stove and season to taste with salt and pepper
4. Cook your choice of protein
5. Place all items in a bowl and add toppings of your choice
6. Enjoy!

Buttermilk Sheet-pan Pancakes \$4

ingredients

- 3 cups flour
- 6 tbsp sugar
- 2 tbsp baking powder
- ½ tsp salt
- 2 ½ cups buttermilk
- 2 eggs
- 6 tbsp butter
- ½ tsp vanilla

directions

1. Preheat oven to 425°F and lightly grease a rimmed sheet pan with nonstick cooking spray
2. In a large mixing bowl whisk together flour, sugar, baking powder, and salt
3. In a large measuring cup whisk together buttermilk and eggs
4. Pour buttermilk mixture into dry ingredients, and add melted butter and vanilla - stir everything together until combined (do not overmix!)
5. Pour batter into the prepared sheet pan and bake for 15 minutes (or until a toothpick inserted comes out clean)
6. Cut into pieces and serve with fruit, peanut butter, or syrup - enjoy!

Overnight Eggs Benedict Casserole \$10

ingredients

- 6 english muffins - split and cut into 1 inch cubes
- 2 packages Canadian bacon

Custard Mixture:

- 9 large eggs
- 2 cups milk
- 3/4 teaspoon onion powder
- 1/4 teaspoon garlic powder

Hollandaise Sauce:

- 4 large egg yolks
- 1/2 cup heavy cream
- 2 Tbsp fresh lemon juice
- 1/2 cup butter - melted
- 1/4 tsp salt
- 1/8 tsp sugar

directions

The night before:

1. Prep the baking dish by greasing with softened butter
2. Place the English muffin pieces into the bottom of the dish - top with the Canadian bacon pieces
3. Make custard mixture: in a large bowl whisk together eggs, milk, onion powder, and garlic until combined
4. Pour custard mixture over the English muffins and bacon - cover with foil and refrigerate overnight

In the morning:

1. Keep the foil on and bake at 375°F for 35 minutes - then remove foil and continue to bake for 15 minutes
2. Make hollandaise sauce: In a small bowl, whisk egg yolks, lemon juice, heavy cream, and sugar until combined
3. In a small pot, melt butter over medium heat - slowly pour egg mixture into pot and stir until combined
4. Reduce to simmer stirring occasionally until desired consistency is reached - season with salt to taste
5. To serve: drizzle hollandaise sauce over casserole

Hash Brown Casserole \$7

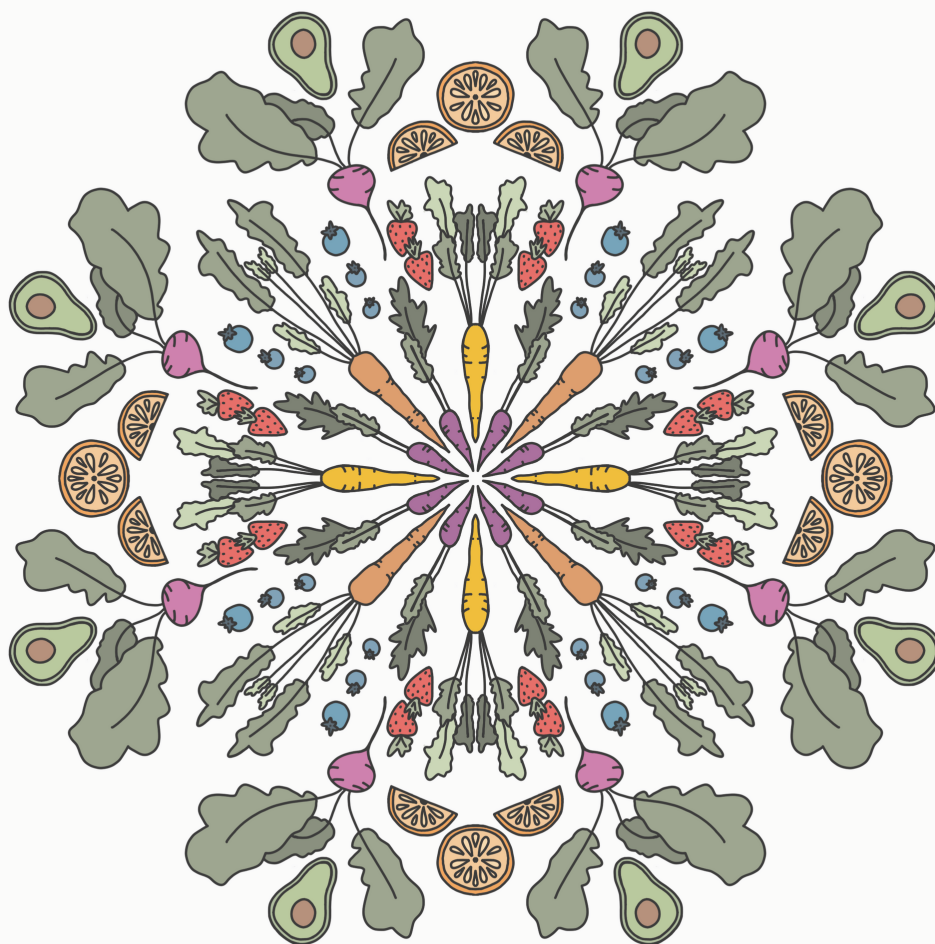
ingredients

- 1 package frozen hash browns potatoes
- 3 cups corn flakes cereal
- 1 can condensed cream of chicken soup
- 1/2 tsp garlic powder
- 1 cup sour cream
- 1/2 cup grated cheddar cheese
- 1 cup mayonnaise
- 1/4 cup unsalted butter
- 1/2 tsp onion powder

directions

1. Preheat the oven to 325°F and prepare baking dish with non-stick cooking spray
2. Combine the hash brown mixture ingredients in a large bowl and evenly spread the mixture in the baking dish
3. Make the topping by mixing the butter with the cornflakes, and pour evenly over the hash brown mixture
4. Bake for 75-90 minutes and serve immediately

LUNCH



Chili

\$10

ingredients

- 1 tbsp of olive oil
- 1 medium yellow onion (diced)
- 1 lb of ground beef or turkey
- 2 ½ tbsp of chili powder
- 2 tbsp of ground cumin
- 2 tbsp of tomato paste
- 1 tbsp of garlic powder
- 1 ½ tsp of salt
- ½ tsp of black pepper
- ¼ tsp of cayenne pepper *optional
- 1 ½ cups of beef broth
- 1 (15 oz) can of diced tomatoes
- 1 (16 oz) can of red kidney beans
- 1 (8 oz) can of tomato sauce

directions

1. Add olive oil to a large soup pot over medium high heat - add the onion and sauté for 5 minutes, stirring occasionally
2. Add ground beef to the pot, and break apart - cook for 6-7 minutes until the beef is browned, stirring occasionally
3. Add the chili powder, cumin, sugar, tomato paste, garlic powder, salt, pepper, and *cayenne pepper - stir until well combined
4. Add the broth, diced tomatoes (with juice), kidney beans (drained & rinsed), and tomato sauce - stir well
5. Bring the liquid to a low boil - once boiling, reduce heat (low to medium-low) to gently simmer the chili, uncovered, for 20-25 minutes, stirring occasionally
6. Remove from the heat - let the chili rest for 5-10 minutes before serving
7. Enjoy!

Grilled Cheese & Tomato Soup \$4

ingredients

- 1 can of tomato soup
- butter - softened
- 2 slices of bread (per sandwich)
- 2 slices of american cheese (per sandwich)

directions

1. Heat the soup in saucepan over medium heat until the mixture is hot and bubbling - stirring occasionally
2. Spread the butter on the bread slices
3. Place 4 bread slices, butter-side down, into a pan - top with the cheese slices and remaining bread slices, butter-side up
4. Cook over medium heat until the sandwiches are lightly browned on both sides and the cheese is melted
5. Tasty tip: dip your grilled cheese sandwich in the tomato soup!

Chicken Salad

\$7

ingredients

- 12 oz. canned chicken - chopped
- 1 rib of celery minced
- 2 tbsp minced red onion
- ¼ cup halved red grapes
- ¼ cup slivered almonds
- ½ cup mayonnaise or miracle whip
- 1 tsp lemon juice
- 2 tsp whole grain mustard
- ¼ tsp salt
- ¼ tsp pepper
- pinch garlic powder

directions

1. In a large bowl, toss together shredded chicken, celery, onion, grapes, and almonds
2. In a separate bowl: mix together mayo, lemon juice, mustard, salt, pepper, and garlic powder - and stir until well combined
3. Pour dressing over chicken mixture and mix until dressing covers entire salad
4. Serve in a bowl or with bread as a sandwich

Baked Potato Soup

\$5

ingredients

- olive oil
- 1 yellow onion - chopped
- 2 large russet potatoes - cubed
- 1 jalapeño - finely chopped
- 5 cups water
- 2 chicken bouillon cubes
- garlic powder - to taste
- salt and pepper - to taste
- **optional toppings:** chopped bacon, shredded cheddar cheese, chopped red bell pepper, chopped jalapeños

directions

1. In a large saucepan, saute onion in olive oil for 2 to 3 minutes, until onions begin to soften - add potato, jalapeño, and water, and cook until simmering
2. Add bouillon cubes, garlic powder, salt, and pepper - cook on low for 15 to 20 minutes, until potatoes are soft
3. Let the soup cool, transfer to a blender, and pulse until smooth
4. Warm over the oven and serve soup with your choice of toppings

Buffalo Chicken Wraps

\$12

ingredients

- 2 cups cooked chicken - shredded or chopped
 - ½ cup buffalo sauce
 - 1 cup shredded lettuce
 - ¼ cup ranch or blue cheese dressing
 - 4 medium flour tortillas
- optional fillings:
- tomato
 - onion
 - shredded cheese

directions

1. In a large bowl, combine the cooked chicken and buffalo sauce until the chicken is fully coated with the sauce
2. Lay out the flour tortillas and divide the chicken evenly among the tortillas
3. Top the chicken with lettuce, ranch/blue cheese dressing, and any additional toppings of choice
4. Fold in the sides of the tortilla and roll the wrap burrito-style
5. Enjoy warm or cold!

Seven Layer Salad

\$10

ingredients

- ½ cup mayonnaise
- ½ cup sour cream
- 1 tbs sugar
- ½ head iceberg lettuce
- 4 large hardboiled eggs
- 8 strips bacon
- 1 ½ cups cherry tomatoes
- ½ cup red onion
- 1 cup frozen peas
- 2 cups mild cheddar cheese
- 4 green onions

directions

1. Make the dressing: mix mayo, sour cream and sugar and stir until well combined - set aside
2. In a bowl, create a layer of lettuce
3. Slice the hardboiled eggs and add them along the sides of the bowl
4. Layer the remaining ingredients (bacon, tomatoes, red onion, peach, cheese, green onions)
5. Spread the dressing over the top layer
6. Finally, sprinkle with additional cheese and peas before covering with plastic wrap
7. Chill for 4 hours before serving

Elote Pork Bowl

\$12

ingredients

- ½ cup white rice
- 1 can whole kernel corn
- 1 can diced jalapeños or green chilis
- 1 lime
- 1 bunch cilantro, chopped
- 10 oz ground pork or beef
- ⅓ cup monterey jack cheese
- 2 tbsp mayo
- 4 tbsp sour cream
- 1 packet taco or southwest seasoning
- chili powder to taste

directions

1. In a small pot over medium-high heat, add ¾ cup water, rice, and a pinch of salt
2. Bring to a boil, then reduce to low and simmer for about 15 minutes, until rice is tender - fluff rice with a fork, season with salt and pepper and cover off heat - set aside
3. Drain the corn then pat dry with a towel
4. In a large pan over high heat, drizzle olive oil, then add corn, stirring occasionally until golden and lightly charred, transfer to bowl and cover for later
5. Heat a drizzle of oil in pan over medium-high heat, add ground meat, a pinch of salt, taco seasoning ½ tsp of chili powder if desired
6. Cook for 5 minutes, until meat is browned
7. Grab the bowl of corn, add mayo, half the cheese, optional chili powder, and juice from half the lime - season with salt and pepper and stir in jalapeño or green chilis to taste
8. Assemble bowl: Divide rice between two bowls, top with pork, corn mixture and the rest of the cheese - add a dollop of sour cream, chopped cilantro to taste, and a squeeze of lime

Tortilla Soup

\$9

ingredients

- 1 tablespoon olive oil
- 1 white/yellow onion - chopped
- 2 tsp minced garlic
- 1 can black beans
- 1 can whole kernel corn
- 1 can green chilis
- 1 can Rotel
- 1 (10 oz) can of chunk chicken
- 2 cans of chicken broth
- 1 packet taco seasoning
- salt and pepper to taste
- **toppings:** shredded mexican cheese, sour cream, avocado, guacamole, tortilla chip crumbs

directions

1. In a large pot, saute onion and garlic in olive oil for 2 to 3 minutes, until onions begin to soften
2. Add black beans, corn, green chilis, Rotel, chicken, chicken broth, taco season, salt and pepper to pot - stir and bring to a rolling boil
3. Reduce heat, cover and simmer for 15-20 minutes
4. Serve with choice of toppings - enjoy!

Taco Salad

\$7

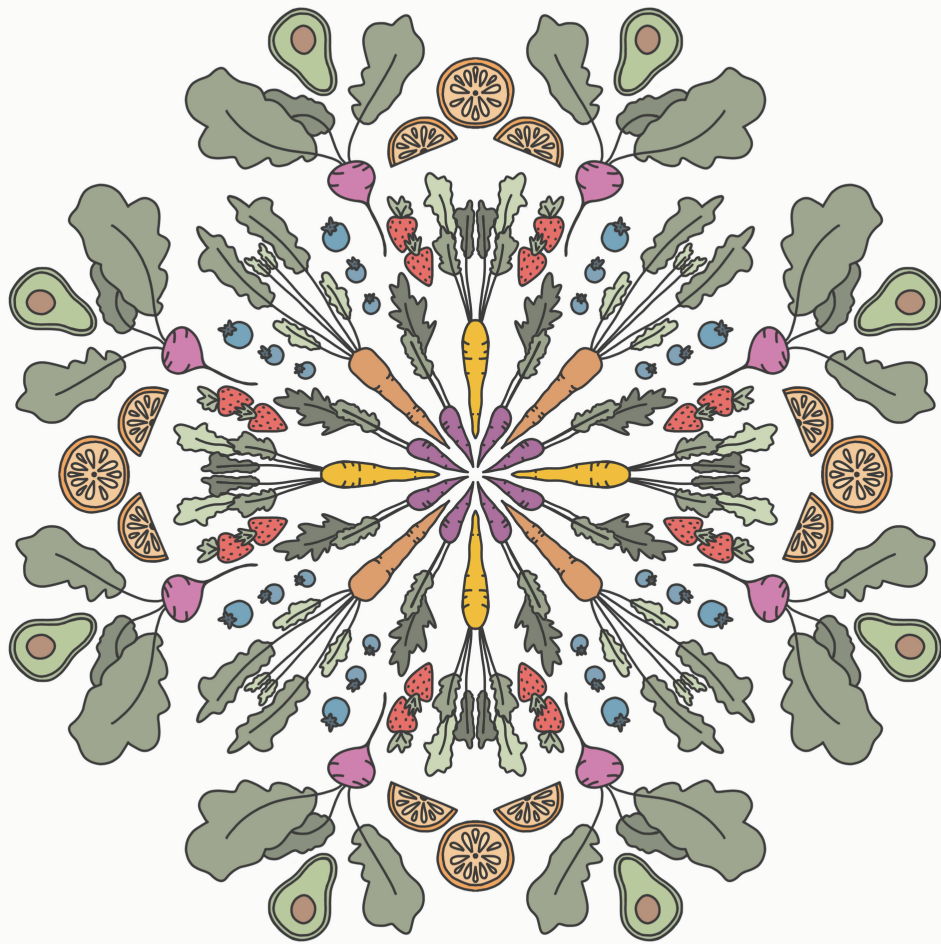
ingredients

- 1 bag of romaine lettuce or mixed salad
- choice of protein: shredded chicken, ground beef or turkey
- 1 packet of taco seasoning
- dressing of choice: sriracha ranch, ranch, balsamic
- **optional toppings:** salsa, tomato, cheese, avocado or guacamole, jalapeños, sliced red onion, sour cream, cilantro

directions

1. Cook protein of your choice to preference
2. Add 1 packet of taco seasoning to meat and follow directions on the packet
3. Place all items in a bowl, stir, and add toppings of choice
4. Enjoy!

DINNER



Pasta Primavera

\$8

ingredients

- 10 oz. dry penne pasta
- ¼ cup olive oil
- ½ red onion - sliced
- 2 cups broccoli - thinly sliced
- 1 red bell pepper - thinly sliced
- 1 yellow squash - thinly sliced
- 1 zucchini - sliced into quarters
- 3 - 4 cloves of garlic - minced
- 1 cup grape tomatoes - halved
- 2 tsp dried Italian seasoning
- ½ cup pasta water
- 2 tbsp fresh lemon juice
- ½ cup shredded parmesan,
- 2 tbsp fresh parsley - chopped

directions

1. Bring a large pot of water to a boil - cook penne pasta in salted water according to package directions - reserve 1/2 cup pasta water before draining (set aside)
2. Heat olive oil in deep skillet over medium/high heat - add onion and saute for 2 minutes
3. Add broccoli and bell pepper then saute 2 minutes
4. Add squash and zucchini then saute 2 - 3 minutes or until veggies have nearly softened
5. Add garlic, tomatoes, and Italian seasoning and saute 2 minutes longer
6. Pour veggies into serving bowl, add drained pasta, lemon juice, season with a salt as needed and toss while adding in pasta water to loosen
7. Toss in 1/4 cup parmesan and parsley, then serve with remaining parmesan on top

Baked Fish

\$15

ingredients

- 2 catfish filets
- 1 red bell pepper - sliced
- 1 yellow bell pepper - sliced
- 1 sweet onion - sliced
- 2 tbsp lemon juice
- 2 tbsp melted butter or olive oil
- 1 tbsp Slap Ya Mama or seasoning of choice
- 2 sprigs of fresh dill
- lemon slices

directions

1. Preheat oven to 375°F degrees
2. Add veggies to a baking sheet with foil or parchment paper
3. Lay one fish filet on top of veggies
4. In a separate bowl, mix spices and melted butter
5. Brush spice mixture on fish
6. Pour 1 tbs of lemon juice (per filet) over fish
7. Top with lemon slices and 1 sprig of dill
8. Fold foil over top of fish and seal
9. Repeat with the other piece of fish
10. Place foil pack on baking sheet and bake for 25 mins*

*If using fish other than catfish, bake to correct temperature

Sesame Chicken Stir-fry

\$ 8

ingredients

- 1 large egg
- 2 tbsp cornstarch
- 1 pinch each salt and pepper
- 1 lb boneless chicken thighs
- 2 tbsp cooking oil
- ¼ cup soy sauce
- 2 tbsp water
- 1 tbsp toasted sesame oil
- 3 tbsp brown sugar
- 1 tbsp rice vinegar
- 1 tsp grated fresh ginger
- 2 cloves garlic - minced
- 1 tbsp sesame seeds
- ½ tbsp cornstarch

toppings:

- 4 cups cooked jasmine rice
- 2 green onions - chopped

directions

1. Prepare Sauce: In a small bowl stir together the soy sauce, water, sesame oil, brown sugar, rice vinegar, fresh ginger, minced garlic, cornstarch, and sesame seeds. (Grate the ginger with a small-holed cheese grater). Set the sauce aside.
2. In a large bowl, whisk together the egg, 2 Tbsp cornstarch, and a pinch of salt and pepper. Trim any excess fat from the chicken thighs, then cut them into small 1 inch pieces. Toss the chicken in the egg and cornstarch mixture.
3. Add the cooking oil to a large skillet and heat it over medium flame. Wait until the skillet is very hot, then swirl the skillet to make sure the oil coats the entire surface. Add the batter coated chicken and spread it out into a single layer over the surface of the skillet.
4. Allow the chicken pieces to cook, undisturbed, until golden brown on the bottom. Then, carefully flip the chicken, breaking up the pieces into smaller clumps as you flip. Continue to cook the chicken until golden brown on the other side. Stir the chicken as little as possible to avoid breaking the egg coating from the surface of the chicken.
5. Once the chicken is cooked through and golden brown on all sides, pour the sauce over top. Toss the chicken to coat in the sauce. As the sauce comes up to a simmer, it will begin to thicken. Continue to gently stir the chicken in the sauce until it has thickened, then turn off the heat.
6. Serve the chicken over a bed of rice and sprinkle the sliced green onions over top.

Green Bean Casserole

\$ 5

ingredients

- 2 (14.5 oz) cans green beans - drained
- 1 (10.75 oz) can condensed cream of mushroom soup
- 1 (6 oz) can French fried onions
- 1 cup shredded cheddar cheese

directions

1. Preheat oven to 350°F
2. Place green beans and soup in a large microwave-safe bowl - mix well and heat in the microwave on HIGH until warm (3 to 5 minutes).
3. Stir in 1/2 cup of cheese and heat for another 2 - 3 minutes
4. Transfer green bean mixture to a casserole dish and sprinkle with French fried onions and remaining cheese
5. Bake until cheese melts and the onions begin to brown

Sausage Potato Bake

\$ 9

ingredients

- 1½ lbs smoked sausage - sliced
- 2 lbs baby creamer potatoes
- 2 (15 oz) cans green beans
- ⅓ cup vegetable oil
- ¼ cup butter
- 1 cup onion - chopped
- 3 cloves garlic - minced

Seasonings:

- 1 tsp Slap Ya Mama® seasoning
- 1 tsp garlic powder
- 1 tsp pepper
- ½ tsp red pepper flakes

directions

1. Preheat oven to 400°F spray baking dish with a non stick spray
2. Wash potatoes, cut in half, and place in gallon size baggie
3. Add oil and seasonings to baggie - shake to coat
4. In a large pan, add sausage and ¼ cup water - cook over medium/high heat until sausage has browned and water has evaporated
5. Remove sausage from pan and when cool, add to baggie
6. Melt butter in frying pan, add onions and garlic - cook until onions are translucent
7. Let cool and then add to baggie and shake to mix
8. Add green beans (drained) to baggie, shake to mix and then empty contents into prepared baking dish.
9. Cover with foil and place in the oven. Bake for 40 minutes or until potatoes are tender - enjoy!

TaterTot Casserole

\$13

ingredients

- 2 lbs lean ground beef
- 1 yellow onion
- 2 garlic cloves
- 1 tbsp Worcestershire sauce
- ½ tsp salt
- ¼ tsp black pepper
- 1 10.75 oz can condensed cream of celery soup
- 1 cup sour cream
- 16 oz frozen mixed veggies
- 3 cups shredded cheddar cheese
- 4-5 cups frozen tater tots

directions

1. Preheat the oven to 375°F and grease a 9×13-inch baking dish with cooking spray
2. Brown ground beef in a large skillet, then drain excess fat
3. Add chopped onion and cook for about 5 minutes
4. Add garlic and cook for roughly 1 minute
5. Stir in the Worcestershire sauce, salt, and pepper
6. Transfer ground beef mixture to the baking dish and spread evenly
7. In a separate bowl, mix the condensed soup and sour cream
8. Spread sour cream mixture over the ground beef, followed by the frozen mixed veggies
9. Sprinkle the cheese evenly over the top
10. Top with tater tots
11. Bake for 35-40 minutes and serve immediately

Baked Mostaccioli

\$10

ingredients

- 1 ½ lbs of ground beef or turkey
- 1 cup chopped onion
- 1 ¼ cups of chopped green pepper
- 1 ½ tsp of Italian seasoning
- ¾ tsp of black pepper
- 1 package (16 oz) of mostaccioli pasta, cooked and drained
- 1 jar (26 oz) of spaghetti sauce
- 1 can (10 ¾ oz) condensed cheddar cheese soup, undiluted
- 2 cups of shredded mozzarella cheese

directions

1. Preheat the oven to 350°F
2. Cook mostaccioli according to package directions
3. In a large skillet, cook beef, green pepper, and onion over medium heat until meat is no longer pink - drain, then stir in spaghetti sauce, cheddar soup, Italian seasoning and pepper
4. Drain mostaccioli and add pasta and 1 ½ cups of mozzarella to beef mixture - stir well
5. Transfer to a greased baking dish and sprinkle remaining cheese on top
6. Cover and bake for 20 minutes
7. Uncover and bake for an additional 5-10 minutes or until bubbly and cheese is melted
8. Let rest for 5 minutes and enjoy!

Chicken Spaghetti

\$//

ingredients

- 16 ounces thin spaghetti
- 1 can cream of chicken soup
- 1 can cream of mushroom soup
- 1 (10 oz) can petite diced tomatoes with green chile peppers - drained
- 1 pound Velveeta - cut into cubes
- ½ tsp salt
- ¼ tsp black pepper
- 3 cups cooked chicken - shredded
- ½ cup milk

directions

1. In a large pot, cook pasta in well-salted water, according to package instructions - drain pasta water and set aside
2. In large pot, add cream of chicken soup, cream of mushroom soup, drained tomatoes, Velveeta, salt, pepper, and 1/4 cup milk
3. Cook over medium-low heat, stirring often so the sauce doesn't burn, until the Velveeta is melted and the sauce is smooth - add more milk, if needed, to thin the sauce
4. Add cooked pasta and chicken and combine until evenly coated
5. Serve & enjoy!

Broccoli Rice Casserole

\$8

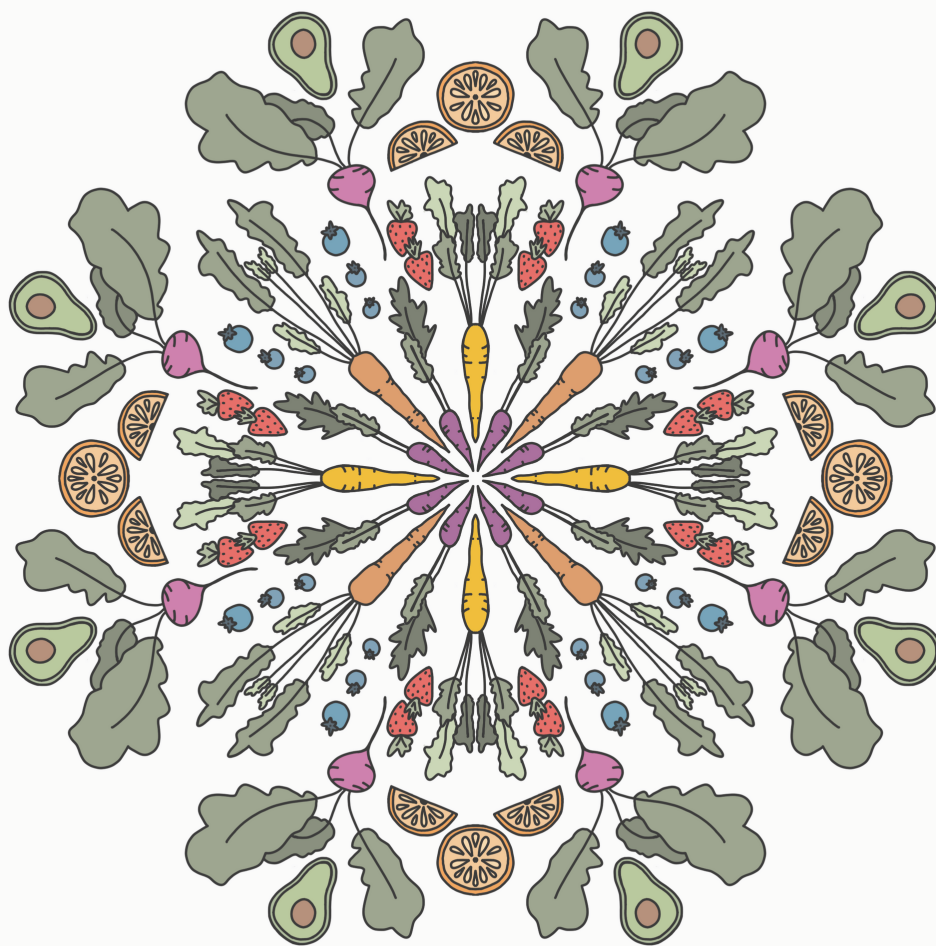
ingredients

- 6 cups fresh broccoli - diced
- 2 cups cooked white rice
- 3 tbsp butter
- ¾ cup onion diced
- 3 tbsp flour
- 2 cups milk
- ¼ tsp garlic
- ¼ tsp black pepper
- ½ tsp dry mustard powder
- ½ tsp paprika
- salt to taste
- 3 tbsp cream cheese

directions

1. Preheat oven to 350°F
2. Cook onion in butter on medium-low heat until softened - stir in flour, garlic powder and pepper, and cook an additional 2 minutes
3. Gradually pour in milk while whisking - continue to whisk over medium heat until thick and bubbly
4. Remove from heat and add dry mustard, paprika, cream cheese and 1 ½ cups cheddar cheese - stir until melted
5. Place broccoli in boiling water for about 2 minutes - leave slightly crisp
6. Stir together rice, broccoli and cheese sauce - place in a greased casserole dish
7. Top with remaining cheese and bake 35 minutes or until bubbly and cheese lightly browned

DESSERTS



Banana Pudding

\$9

ingredients

- 1 (8 oz) block cream cheese - softened to room temp
- 1 (14 oz) can sweetened condensed milk
- 1 (5 oz) package Instant vanilla pudding mix
- 3 cups milk
- 2 tsp vanilla extract
- 1 (8 oz) tub of Cool Whip topping - thawed
- 1 (11 oz) box Nilla wafers
- 5-7 bananas - peeled and sliced

directions

1. In a large bowl, beat the cream cheese on medium speed until smooth and fluffy
2. Add sweetened condensed milk, pudding mix, milk and vanilla extract and mix until combined
3. Stir in half of the Cool Whip
4. To layer:
 - place 1/3 of the vanilla wafers in a layer on the bottom of a large bowl or baking dish
 - add a layer of bananas
 - pour 1/3 of the pudding mixture on top to cover all the bananas
5. Continue with two more layers and top with remaining Cool Whip
6. Cover with plastic wrap and refrigerate for at least one to two hours before serving

Sweet Potato Casserole

\$8

ingredients

- 3 pounds sweet potatoes
- ½ cup unsalted butter
- ¾ cup brown sugar
- ½ cup milk
- 2 large eggs
- 1 tsp vanilla extract
- 1 tsp salt
- ¼ cup pecans
- 2 cups mini marshmallows
- ¼ cup pecans, chopped

directions

1. Peel and cut sweet potatoes into cubes - then add them to a large pot and boil them until tender
2. Drain the potatoes and add to a large bowl - set aside
3. Preheat the oven to 375°F and spray the baking dish with cooking spray
4. Mash the potatoes until smooth and add all remaining ingredients - stir to combine
5. Spread mixture into the dish evenly
6. Sprinkle with marshmallows and pecans in an even layer
7. Bake for 25-30 minutes and serve - enjoy!

Apple Dump Cake

\$6

ingredients

- 6 cups of apples - chopped and peeled
- ½ cup of sugar
- 1 ½ tsp of ground cinnamon
- 1 box yellow cake mix
- ¾ cup of butter - melted

directions

1. Heat oven to 350°F and spray glass baking dish with cooking spray
2. In baking dish, mix chopped apples, sugar and cinnamon and spread evenly in pan
3. Top with dry cake mix - gently shake pan to distribute evenly
4. Pour melted butter over top - tilting pan to cover as much of the top with butter as possible
5. Bake 45 to 50 minutes or until top is light golden brown, mostly dry on top and bubbly around edges.
6. Cool 15 minutes before serving

Monster Bars

\$9

ingredients

- 4½ cups quick-cooking or rolled oats
- 1 cup peanut butter
- ½ cup maple syrup
- ½ cup melted butter
- 2 large eggs
- 1 cup light brown sugar
- 2 tsp baking soda
- 1 cup M&Ms
- ½ cup semi-sweet chocolate chips

directions

1. Preheat the oven to 350°F and spray a 9×13-inch baking dish with cooking spray
2. Add oats, peanut butter, maple syrup, melted butter, eggs, brown sugar, and baking soda to a large bowl and mix to combine (the batter should be thick like cookie dough)
3. Add in M&M's and chocolate chips and continue to mix
4. Transfer dough into baking dish and use hands to press the batter firmly into the dish
5. Bake at 350°F for 17-20 minutes or until the sides begin to turn golden brown
6. Let cool for at least 45 minutes before slicing and serving

Peanut Butter Bon Bons

\$6

ingredients

BonBon Mixture

- 4 tbsp butter
- 1 cup creamy peanut butter
- 1 ½ cups powdered sugar
- 2 cups Rice Krispies cereal

Chocolate Coating:

- 2 ½ cups semisweet chocolate chips
- 1 ½ tbsp Crisco

directions

1. Add butter to a medium microwave-safe bowl and microwave until melted, then whisk in peanut butter until smooth
2. Add powdered sugar and stir until smooth (if too difficult to stir microwave for 30 seconds)
3. Add in Rice Krispies and stir until combined
4. Roll mix into 1-inch balls and place on greased baking sheet - chill bonbons in the freezer for 45 minutes
5. Chocolate Coating: put chocolate chips and Crisco in a microwave-safe bowl and microwave for 30 seconds, stir and microwave for another 30 sec. - repeat until melted/smooth
6. Dip a frozen bonbon into the melted chocolate and spoon chocolate over the top until covered
7. Lay the dipped bonbon onto a wax paper-lined baking sheet and repeat with the remaining bonbons and chocolate.
8. Chill bonbons in the freezer for 15 minutes (or refrigerator for 30 minutes)

Peanut Butter Cookie Bars

\$8

ingredients

Dry Ingredients:

- 1 cup rolled oats
- ¼ cup flour
- 1 tsp baking soda
- 1 tsp ground cinnamon
- pinch of salt
- ½ cup mini chocolate chips

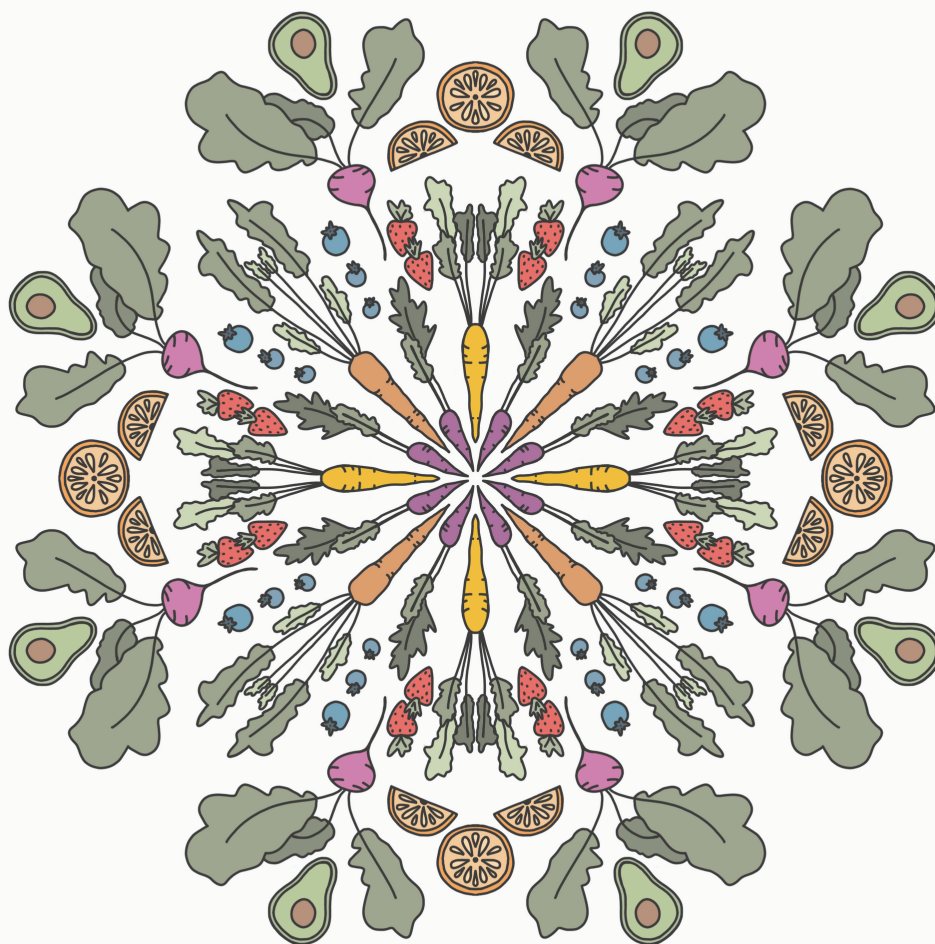
Wet Ingredients:

- 2 large eggs
- 1 cup creamy peanut butter
- ½ cup maple syrup
- 1 tsp vanilla extract

directions

1. Preheat oven to 350°F and spray an 8×8 baking pan with non-stick cooking spray
2. Add all dry ingredients to a bowl and mix well - set aside
3. In a separate bowl, whisk your eggs, then add the rest of the wet ingredients to the eggs - mix well
4. Slowly add dry ingredients to wet ingredients - when ingredients are well combined, pour dough into your baking pan and spread evenly
5. Bake at 350°F for 15-18 minutes (depending on how gooey you want the cookie bars)

SNACKS



HEALTHY SNACKS



Fruits & Veggies:



apples: \$0.69/each
fruit smoothie: \$1.50/serving
fruit salad: \$1.25/serving

clementines: \$0.40/serving
bananas: \$0.49/each
apple w/peanut butter: \$0.90/serving



Crackers & Nuts:

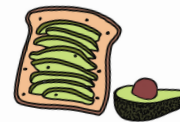


almonds: \$1.20/serving
trail mix: \$1.30/serving
roasted pecans: \$0.90/serving
celery & peanut butter: \$0.75/serving
skinny popcorn: \$0.75/serving

granola bar: \$1/each
cheese & crackers: \$0.89/serving
whole grain chips & salsa: \$0.78/serving
pretzels: \$0.70/serving
cheerios: \$1.50/box



Fridge Snacks:



yogurt: \$0.84/serving
avocado toast: \$1.25/serving
hard boiled egg: \$0.50/serving
cottage cheese & fruit: \$1.10/serving

cucumber salad: \$1.05/serving
turkey roll-ups: \$0.78/serving
carrots & hummus: \$1.05/serving

RESOURCES

WIC - Texas Health and Human Resources for Women, Infants, and Children

Monthly food supply of fruits, vegetables, grains, dairy products, eggs, beans, fish, peanut butter, and baby food.

Check your qualification at: www.texaswic.org

Contact:

Call: 800-942-3678

Text: 1-855-960-4551

Email: WICsupport@hhs.texas.gov

SNAP Food Benefits - Texas Health and Human Resources

Assistance for purchasing healthy food options.

Check your qualification at:

www.hhs.texas.gov/services/food/snap-food-benefits

Contact:

Call: 877-541-7905

FOOD PANTRIES

Pleasant Grove Food Pantry

1324 Pleasant Drive Dallas, TX 75217

Open: Tuesdays 9:30-12:30

Call: 214-505-1928

Aunt Bette's Community Pantry

1502 Pennsylvania Ave Dallas, TX 75215

Call: 214-753-5600

Open: Mon. & Wed. 8:00-11:00

Vital Impact Food Pantry

3410 S. Polk St. Dallas, TX 75224

Call: 214-374-7850

Carver Heights Food Pantry

2510 E Ledbetter Drive Dallas, TX 75241

Call: 214-371-2024

ICNA Relief Dallas Food Pantry

7225 Fair Oaks Ave #801 Dallas, TX 75231

*Be sure to check out your local grocery stores, their websites, and phone apps for a list of additional coupons!

****For a full list of resources, call 211 to find out what is available for your local community****

WHERE TO SHOP

For a full list of train and bus routes, visit www.dart.org/schedules



Kroger: 4241 Capitol Ave, Dallas
• Uptown station - blue/red/orange line



Aldi: 4120 Gaston Ave, Dallas
• BUMC Station - green line



Walmart: 2305 N US 75-Central Expy 10004
• Uptown station - blue/red/orange line



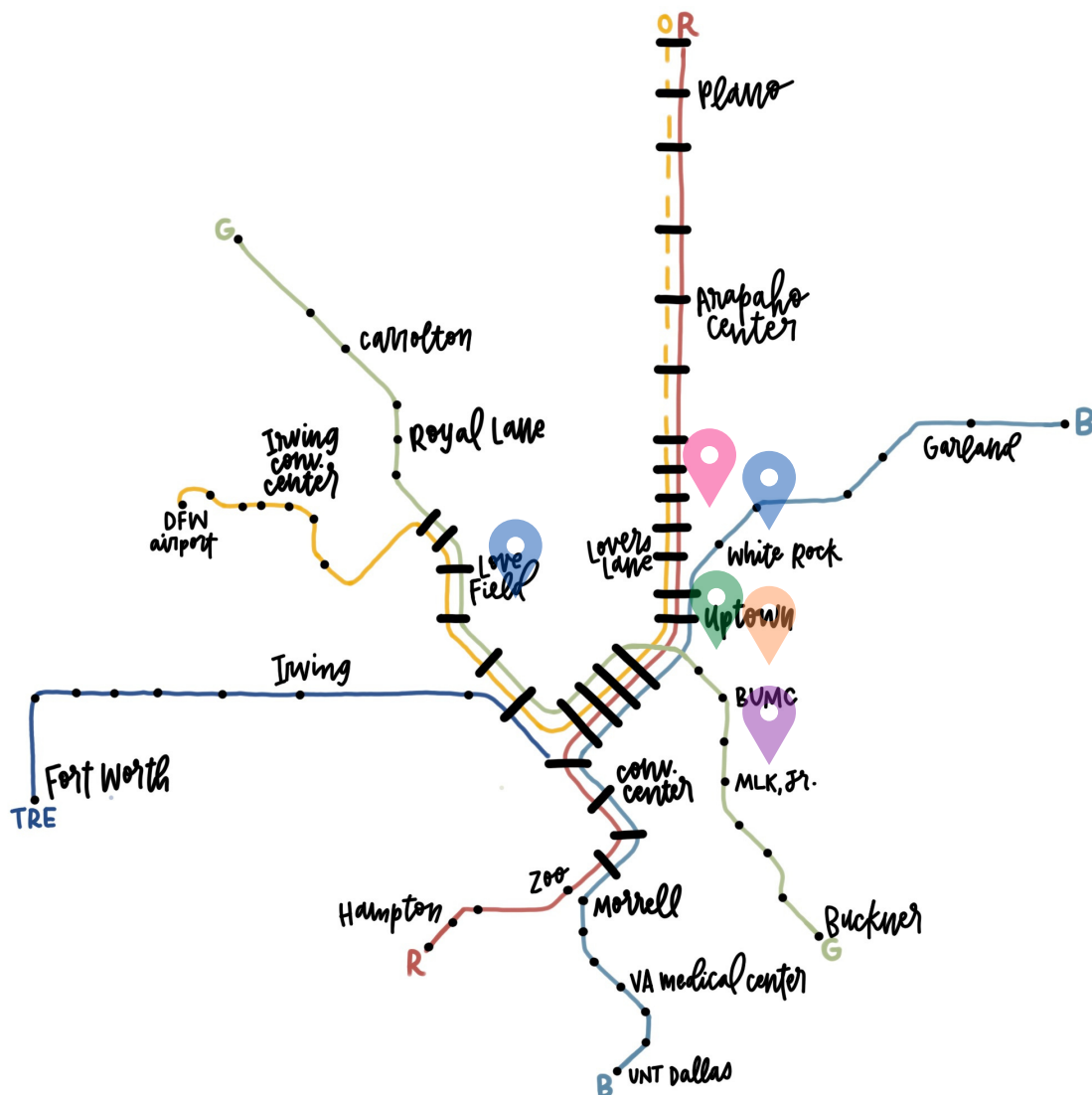
El Rancho: 4121 Gaston Ave, Dallas
• BUMC Station green line



Kroger: 4901 Maple Ave, Dallas
• Southwestern Medical District/Parkland Station - green/orange line



Fiesta Mart: 3230 Martin Luther King Jr Blvd, Dallas
• MLK station - Green line



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